TIME HAS SPRUNG FOR COMMUNITY PLOTS, PG6

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VANCOUVER • MONDAY, MAY 4, 2009 metronews.c

Workology

Saving lives in search, rescue

pg 11

Celebrity Buzz

Winehouse returns from hospital

pg 14

H1N1 virus identified in Alta. pig

VIRUS The World Health Organization (WHO) said yesterday the H1N1 virus has been identified in a swine herd in Alberta — the first known case of animal infection with the new strain that is a mix of human, avian and swine flus.

"It is highly probable that the pigs were exposed to the virus from a Canadian farm worker recently returned from Mexico, who had exhibited flu-like symptoms and had contact with the pigs," the WHO said.

In B.C., the number of confirmed human infections has increased by seven to 29. Across Canada, health officials say the number of infections is at 101 people. **METRO VANCOUVER**

MORE COVERAGE, PG 5

ANDY CLARK/REUTERS

Premier Gordon Campbell jokes with NDP Leader Carole James, centre, and Green Party Leader Jane Sterk prior to a televised debate yesterday in Vancouver. British Columbians go to the polls next week in their provincial election.

Party leaders face off in 2nd election debate

TV format had trio answer questions from British Columbians

JEFF HODSON
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The economy, crime and the environment were the hot topics as the leaders of B.C.'s three main parties squared off in a televised debate last night to try to shore up votes in a final push toward next week's provincial election.

The debate, the second between the three leaders, was broadcast on CBC, CTV and Global. It had the leaders responding to and debating questions posed by British Columbians on subjects like leadership, child poverty, health and seniors' care.

"This is a question of our economy and leadership," Premier Gordon Campbell said at the end of the one-hour debate. "Who can lead us through these challenging times so we come out stronger on the other side?"

Campbell, who hopes to lead his Liberal party to a third term on May 12, spent much of the night attacking New Democrat Leader Carole James for a lack of business experience and policies that he claimed would increase costs to small businesses by $450 million and cost 50,000 jobs.

For her part, James accused Campbell of failing to invest during good times to reduce child poverty and support for post-secondary students. She attacked him for abandoning rural B.C. and challenged him to respond to allegations about B.C. Rail.

"I'm going to make families come first," said James, as she pledged to cut taxes, keep public resources in public hands and make investments in education and health care.

Green Party Leader Jane Sterk was ignored by the other leaders and at one point complained "I actually feel like I'm not here."

Sterk, who called for the end of drug prohibition, said Campbell and James were playing a "blame game" and used her closing statement to appeal to the 40 per cent of non-voters.

"You could get some Green members into the legislature," Sterk said. "That would profoundly change the legislature for the good."

Ignatieff wants EI changes

RECESSION Liberal Leader Michael Ignatieff said yesterday his party is ready to force changes to unemployment aid to deal with the growing recession.

Ignatieff, who was reaffirmed Saturday as Liberal leader at the party's biennial convention in Vancouver, said with unemployment rising across the country, a new national standard for when the newly jobless workers qualify to receive Employment Insurance is needed.

The current system varies by province and even municipalities.

He denied he planned to use the issue to "jam" the minority Conservatives.

"If the government will work with me, then we'll get it done. If they won't, then we'll have to have an election," he added.

Speculation the Liberals might be more willing to force an election has increased since Ignatieff took over the party late last year on a temporary basis. A poll released Saturday showed the Liberals have maintained the narrow lead they took over the Conservatives in March, although Harper led Ignatieff when voters were asked who was best to lead the country.

REUTERS

MORE COVERAGE, PG 4

ANDY CLARK/REUTERS

Michael Ignatieff at the federal Liberal Party Biennial Convention yesterday in Vancouver.

Local pg 2

Vancouver's 38th marathon

Business pg 9

Air Canada rolls out deal

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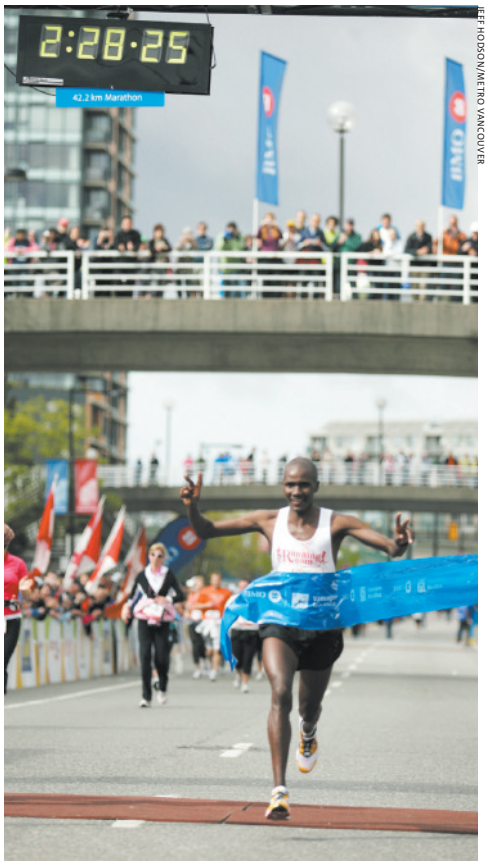
Paralympic tickets
Tickets for the Vancouver 2010 Paralympics go on sale this Wednesday at 10 a.m. Some 250,000 tickets will be available on a first-come, first-serve basis, with prices ranging from $15 to $175. METRO VANCOUVER

Local

Election promise

The governing B.C. Liberals promised to contribute $17.5-million toward a national soccer development centre in Delta, if re-elected. The proposed centre is planned for John Oliver Park and would include a clubhouse for national and professional teams, a training facility and seven fields — two of which would be exclusive for community use. METRO VANCOUVER



JEFF HODSON/METRO VANCOUVER

Kenya's Bernard Onsare crosses the finish line yesterday on Pacific Avenue near B.C. Place to win the 38th Vancouver Marathon.

Onsare snares marathon win

JEFF HODSON
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Late snow in Calgary meant a late start to training for Bernard Onsare, who won the 38th Vancouver Marathon yesterday.

"I just started my training one month ago," said Onsare, 26, a Kenyan who has lived in Calgary for the past three years. "So I was not sure of my win today."

Onsare won the 42.2-kilometre race with a time of 2:28:26, about 13-minutes slower than last year's winner Thomas Omwenga, who did not take part in the race.

Onsare said he knew from the early pace that he would not be in the 2:15 range and broke free from the herd after the first 10 kilometres.

"It was difficult to run by myself. It was a big struggle for me to make good time."

Last year's female winner, Mary Akor, of California, repeated as the top woman runner, finishing in a time of 2:46:24.

In all, 12,905 people pounded the pavement yesterday, taking part in the full or half-marathon, kids' fun run or 8-kilometre run.

The weather co-operated, too. Anticipated showers never materialized and runners enjoyed sun and slightly overcast skies.

"It was a lot of fun," said Eric Lagally, 32, of Richmond, after finishing his first half marathon. "It's very addictive. I'd do it again, that's for sure."

Lagally, who had trained since January for the run, hit his wall at about 17 kilometres in.

"I thought I was going to die. But I took a little break and I finished strong."

Top BCers

- Adam Campbell of Victoria finished second in the men's marathon.
- Joan McGrath of New Westminster finished third in the women's marathon.

'Don't you dare die'

Vancouver-born writer inspired to fight for life

KRISTEN THOMPSON
kristen.thompson@metronews.ca

"Wayson, don't you dare die."

Those five words, along with medical treatment, might have helped save Vancouver-born novelist Wayson Choy's life.

The award-winning Toronto-based writer is back home this week to promote his new memoir, Not Yet, a story of surviving two near-fatal heart attacks and living to tell the tale.

Choy said he received the best medical treatment available while in hospital, but it was the love of his friends and family — who insisted on being with him even when hospital staff said no — that pulled him out of the "darkness."

"There was a time when I was so exhausted that I thought, 'I'll just let go,'" Choy said, adding that just as he accepted death he heard a woman's voice say, "Wayson, don't you dare die."

"I was so startled it pulled me back and I thought, 'I want to see what happens next … Let's stick with life for a bit.'"

While none of his friends have admitted to speaking those words aloud, Choy said he hasn't ruled out the possibility that he heard someone's prayers penetrating his subconscious.

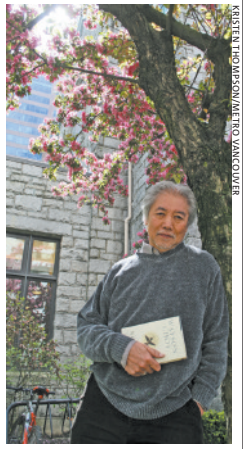
And it was that act of love and kindness, he said, that made him want to live.

"It takes courage to be with somebody (who is dying). (If you're sick), you don't actually live it as vividly as those who visit you and have to go away and worry if you'll be there the next day," Choy said.

"I can't believe I'm 70 and I'm still (learning) so much … and want to know more."

He said living life for heaven — if there is one — isn't as rewarding as living for the moment.

"If all we have is now, then it's even more important to be awake … And if there's more, I'm willing to be surprised."


KRISTEN THOMPSON/METRO VANCOUVER

Vancouver-born novelist Wayson Choy outside Christ Church Cathedral on Burrard Street yesterday.

Award

- Wayson Choy's 1995 novel The Jade Peony shared the Trillium Book Award for best book that year.

Kroeger facing lawsuit over alleged assault

LAWSUIT A Vancouver man is suing Nickelback front man Chad Kroeger for allegedly punching him in the mouth outside a downtown nightclub two years ago.

Noah Christian Morse claims the assault took place outside Roxy Nightclub, on Granville Street, on May 4, 2007.

In documents filed in B.C. Supreme Court against Kroeger, also known as Chad Turton, Morse claims he suffered a concussion, permanent scars and headaches among other problems, according to cknw.com.

JEFF HODSON/METRO VANCOUVER

Nickelback's Chad Kroeger, seen in this May 2008 file photo, is being sued by a Vancouver man who claims Kroger punched him.

The lawsuit says Morse has incurred loss of income, future loss of income, as well as medical expenses.

Vancouver Police say the incident was investigated and Kroeger likely will not be charged.

He is currently on tour with Nickelback band mates, making stops in the Unites States, the United Kingdom and Canada.

KELSEA BLOXAM
/FOR METRO VANCOUVER

Behind the wheel

- Chad Kroeger, coincidentally, is receiving his driver's licence back this month after being convicted of impaired driving.

News in brief

INFLUENZA A An East Vancouver school will remain open despite a student testing positive for the H1N1 flu, previously known as swine flu, cknw.com reports. Staff at Killarney Secondary School issued a letter on Friday notifying parents that one student who had not attended class since April 24 tested positive for the flu.

SUSPECT Surrey RCMP are looking for a suspect after a woman was found partially clad, crouched on the side of the road on 104 Avenue near 120 Street on Saturday night. Mounties are looking for a man in his 50s, with grey hair, driving a red pickup truck.

SENTENCE Prosecutors have failed in their bid to extend the jail sentence of a guard who helped a prisoner escape out of the North Fraser Pre-Trial Centre, cknw.com reports. The Crown had asked to extend Edward Ticne's 39-month sentence to act as a deterrent to others.

WARNING Vancouver Police are warning the public about a high-risk offender they say poses a threat to women and children. Daniel Windam Murphy, 38, is on probation for indecent acts and uttering threats. He's forbidden from being near children, public parks, pools and schools. METRO NEWS SERVICES

Woman left in critical condition after hit and run

DTES Vancouver Police yesterday asked for the public's help finding the driver of a vehicle that hit a woman in the Downtown Eastside, leaving her in critical condition in hospital.

The victim was crossing the intersection at Powell Street and Jackson Avenue just before 1:30 a.m. on Saturday when she was hit and knocked several metres down the road.

"Based on pieces of the vehicle left at the scene, the suspect vehicle is believed to be either a light-coloured Toyota Landcruiser between the years of 1991 and 1997 or a light-coloured Lexus LX450 between the years of 1996 and 1997," said Const. Lindsey Houghton.

He added the car will have "significant fresh damage" to the front right headlight area.

Anyone with information is asked to call police at 604-717-3012 or Crime Stoppers.

KRISTEN THOMPSON
/METRO VANCOUVER

News in brief

FIRE A forest fire near 70 Mile House in the B.C. Interior has destroyed six properties and forced 60 families to flee their homes. METRO NEWS SERVICES

metronews.ca
What's online today.

Video Analysts believe bank stress tests likely to put big dent in spring market rally at **metronews.ca/canada**

Video Ignatieff uses his convention speech to drop the gauntlet with Harper at **metronews.ca/canada**

Immigration Guidy Mamann on ways the government can prevent fraud committed by sponsored spouses at **metronews.ca/immigration**

Lotteries

Friday, May.1
Lotto Super 7: 1, 4, 9, 14, 22, 26 & 34 Bonus 3
Extra: 2, 60, 75, 86

Saturday, May. 2
Lotto 6/49: 8, 15, 17, 22, 30 & 40 Bonus 11
BC 49: 11, 19, 20, 22, 33 & 39 Bonus 23
Extra: 40, 63, 75, 95

These results are not official.

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519 West Broadway

SKYNET
Arbutus Village
8269 Granville Street
6338 Fraser Street

UNIPAGE
Royal Centre
88 West Pender Street

WIRELESS WORLD
6596 Victoria Drive

ABBOTSFORD
GENERATION WIRELESS
Seven Oaks Shopping Centre

SKYNET
Meadow Fair Plaza

WIRELESS WORLD
32330 South Fraser Way, Unit 4

BURNABY
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Police ID teens

Two Abbotsford teenagers found dead have been identified by police.

The bodies of Joseph Randay, 18, and Dilsher Singh Gill, 17, were found in a car at Bateman Park in Abbotsford on Friday.

Joseph Randay

Police say their deaths could be linked to an incident at the park the previous night.

The two reportedly got into an argument with a group of armed men and were abducted.

Dilsher Singh Gill

RCMP Cpl. Dale Carr said that autopsies are being done to determine how the two boys were killed.

"Our investigators are attempting to reconcile how two young men that were weeks from high school graduation ended up with this fate," Carr said.

"It's truly tragic."

The teens were not known to police. Their bodies were found by maintenance workers on a Sumas Mountain side road.

METRO VANCOUVER

Eagle mutilated, reward for info

IONA ISLAND A $1,000 reward is being offered after a bald eagle was found mutilated in a Richmond park.

The Humane Society of Canada (HSC), which offered the money, said the eagle's talons and beak were removed, suggesting that a poacher could be responsible.

The bird's carcass was found near Iona Island Regional Park. Anyone with information is asked to call the RCMP at 604-278-1212 or The Humane Society at 1-800-641-5463.

METRO VANCOUVER

News in brief

STABBING A man suffered serious, but non-life threatening injuries when he was stabbed during a brawl at Pancho and Lefty's Bar in Surrey early on Sunday. Mounties say many people were involved in the brawl and are reviewing video to identify a suspect.

METRO NEWS SERVICES

Liberals ahead, but Canadians prefer Harper: Poll
Canadians are ranking the Liberals ahead of the Conservatives in popularity but favour the Tories' Stephen Harper over Liberal Leader Michael Ignatieff as the best prime minister, a new poll shows. The survey of 1,001 adult Canadians by Nanos Research was taken last week. TORSTAR NEWS SERVICE

Canada

Harper denies Bloc alliance rumours

Prime Minister Stephen Harper has dismissed reports that he was contemplating a deal with the separatist Bloc Québécois to keep his minority Conservative government in power. Speculation is mounting that the opposition Liberals, who are riding high in the polls, could try to bring Harper down later this year. Some newspapers and commentators are now raising the prospect of a Harper deal with the Bloc. REUTERS

Motorcycle riders replace mother's burnt Canadian flag

VANDALISM Darlene Cushman is now crying tears of joy.

The mother of fallen soldier Darryl Caswell was devastated when she awoke last Wednesday to find the Canadian flag, part of a makeshift memorial for her son on the lawn of her Bracebridge, Ont., home, had been stolen and burned.

She discovered the singed fabric a short walk away, accompanied by two canisters of gasoline. It had been hanging on a cedar fence beside a photograph of Caswell.

"I was just broken hearted. I wish I had never found it, to be honest with you," she said. "That was for my son and he made the ultimate sacrifice for his country."

Trooper Caswell died in Afghanistan on June 11, 2007, about a month before his 26th birthday, when the reconnaissance vehicle he was driving hit a roadside bomb.

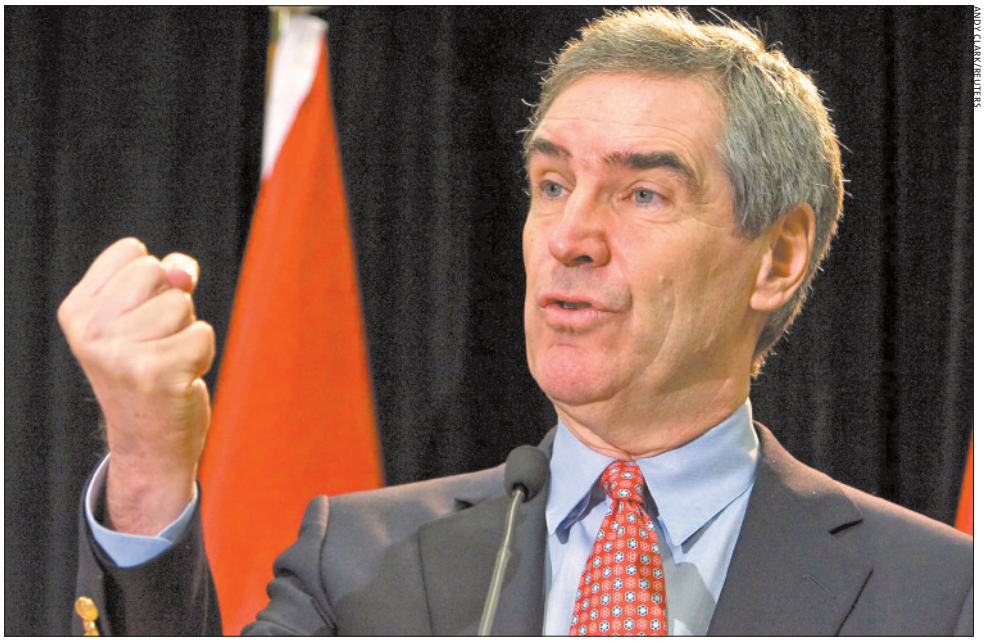
> **"It brought back my faith in human kindness."**
> Darlene Cushman

Cushman said she had "an emotional 180" evening on Friday when more than 160 motorcycle riders, some of whom were soldiers, drove from a Harley Davidson dealership in Barrie to the bereaved mother's home to donate a new flag.

"It brought back my faith in human kindness," she said.

Police are investigating the burning of the flag and said it was the only act of vandalism in the community that morning.

TORSTAR NEWS SERVICE



ANDY CLARK/REUTERS

Newly elected Liberal Leader Michael Ignatieff talks following the Federal Liberal Party Biennial Convention in Vancouver yesterday.

Offer hope: Ignatieff

Vancouver convention confirms Iggy's leadership

Newly minted Liberal Leader Michael Ignatieff said Saturday that Canadians wanted change but he did not signal when he might try to force the minority Conservative government into an election.

Ignatieff, who had led Canada's main opposition party on an interim basis since late last year, was elected as permanent leader at a convention in Vancouver that organizers said showed it had rebounded from last year's stinging election defeat.

The former Harvard academic who returned to Canada in 2005 after nearly three decades abroad accused Harper of practicing the politics of division in a bid to remain in power.

"You can feel a longing for change sweeping across the land," Ignatieff said in his acceptance speech, which was preceded by a video that showed several images of him talking with U.S. President Barack Obama.

"If we offer our citizens a message of hope, I believe Canadians will ask us to form their next government," he told the signwaving delegates.

But Ignatieff's speech did not call on them to prepare for a campaign. He said previously he did not think Canadians wanted an election so soon after the 2008 vote.

Ignatieff faced no opposition in the vote, a sharp contrast to the party's 2006 leadership race where he was seen as the front-runner before the convention but ended up losing to Stephane Dion. REUTERS

Grits on the rebound

- The Liberals suffered electoral defeat under Dion in October. After a parliamentary crisis in November, Ignatieff was given the party's interim leadership.
- After taking the reins, Ignatieff ended a proposed partnership with two smaller parties. That allowed the Conservative government, which holds a minority of seats in Parliament, to survive a parliamentary crisis while Ignatieff worked to rebuild support for the Liberals.

Police lay charges on alleged hijacker

CRIME The Jamaican man who tried to hijack a Canadian charter aircraft in Montego Bay last month has been charged with robbery, assault and other offenses, police said Friday.

Stephen Fray, 21, is accused of holding passengers and crew captive aboard a CanJet flight at Donald Sangster International Airport in the resort city on April 19.

Police said Fray had been charged with assault, robbery with aggravation, illegal possession of a firearm, and shooting with intent.

REUTERS

Accusations

- Police accused Stephen Fray of using a .38-calibre revolver to seize the Boeing 737-800 jet and take more than 180 passengers and crew hostage on April 19.

News in brief

RETIREMENT CBC journalist Don Newman, who currently hosts the daily Newsworld program Politics, has "opted for the voluntary retirement incentive," the network said.

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Ottawa tulip fest draws thousands

FESTIVAL Favourable weather conditions contributed to what Canadian Tulip Festival organizers called "a wildly successful" first weekend for the festival.

Tens of thousands of people flocked to four locations for the Canadian Tulip Festival over the weekend, taking in the sights, enjoying shows and food and, of course, checking out the tulips.

If this first weekend is any indication, this year will see the biggest and best Canadian Tulip Festival ever, said Connor McGuire, spokesman for the Canadian Tulip Festival yesterday.

"This tulip festival will be wildly successful above all other years."

This year, the International Pavilion was moved to Lansdowne Park and the Mirror Tent to Festival Plaza at city hall to allow more space for attractions, including the popular circus school, at Major's Hill Park.

While the Nanjing Acrobatic Troupe sold out or nearly sold out for every performance at city hall, the International Pavilion had over 5,000 attendees in the first two days, said McGuire.

For Ottawa resident Brenna Cook, the pavilion is the highlight of the festival. "I enjoy it because it's fun to see the different cultures," she said.

"The tulips aren't 100 per cent right now, but they're starting to look really beautiful," added McGuire.

METRO CANADA

Halifax Surveying the damage

RYAN TAPLIN/METRO CANADA

Miles Gallagher shows the damage to his Halifax home and mobile studio yesterday following a forest fire in the area last week, which destroyed eight homes and damaged 10 others.

Militia leader arrested in Iraq
Iraqi forces backed by U.S. troops have arrested a U.S.-allied Sunni Arab militia leader, Iraqi and U.S. officials said yesterday. Nadhim al-Jubouri, leader of a government-backed local militia and a religious leader in the town of Dhuluiya, and his two brothers were seized. REUTERS

World

Italian PM's wife seeking split

Prime Minister Silvio Berlusconi's wife wants a divorce, Italian media reported yesterday, just days after she publicly criticized his party's selection of pretty young women to run in European elections. "I have been forced to take this step, I don't want to add anything else," La Stampa newspaper quoted Berlusconi's wife Veronica, 52, as saying. REUTERS

Flu's worst is over: Mexico

Mexico's flu epidemic has passed its peak, the Mexican government said yesterday, and experts said the new H1N1 virus still could impact world health but may be no more severe than normal flu.

Mexican Health Minister Jose Angel Cordova warned, however, it was too early for Mexico — the centre of an outbreak that has spread to 19 countries — to let down its guard.

Cordova said the outbreak of H1N1 flu appeared to have peaked in Mexico between April 23 and 28 and fewer people had admitted themselves to hospitals with serious symptoms in recent days.

After days of alarm and a partial shutdown of the economy, the atmosphere in Mexico's capital appeared more relaxed yesterday, with some people venturing outside.

As testing improves, authorities have scaled back estimates of how many could have died from the strain to over 100, down from 176. REUTERS

Isolated in China

- Mexican Foreign Minister Patricia Espinosa accused China of discrimination after Beijing ordered 70 Mexican citizens into isolation, regardless of whether they showed symptoms of the H1N1 virus.

India **The whole world smiles with you**

AJAY VERMA / REUTERS

Members of laughter clubs attend a laughter session during World Laughter Day celebrations in the northern Indian city of Chandigarh yesterday. Hundreds of people who believe that laughter is the best medicine for a healthy life took part in the laughter celebrations.

Iran slams U.S. amid nuclear ban talks

UNITED NATIONS Iran has attacked the United States ahead of a major meeting on the troubled global anti-nuclear arms treaty, slamming U.S. cooperation with Israel and India.

Documents prepared by Iran show Tehran is redoubling efforts to draw attention away from its own nuclear program by turning the spotlight on the U.S. for what it says are breaches of the 1970 Non-Proliferation Treaty, western diplomats say.

The signatories of the 1970 NPT, which is aimed at halting the spread of nuclear arms and asks those with arsenals to get rid of them, gather today to prepare for a major summit in 2010 that many countries hope will result in an overhaul of the landmark treaty. REUTERS

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Comment & Views

Comment

The highest form of life

HineSight

Anne Hines

metronews.ca/hinesight

In the past two weeks I've received a couple of email messages from a reader who is deeply concerned that this column tends to be full of foolishness and frivolity punctuated with rantings about my problems with squirrels. He can't see any possible excuse for this.

I could answer … um … well you see, it's a humour column … but instead, I've decided to embrace the wisdom of this concern and tackle something serious. So, today we will discuss life, karma, reincarnation, the weather in Calgary and how, unfortunately, as with everything, it all comes back to squirrels.

It is a generally-held belief that human beings are the highest, wisest, most intelligent form of life. We think this in spite of men's Speedos, strip malls, credit card debt and our continual willingness to date the wrong people if they have a really good cable TV package.

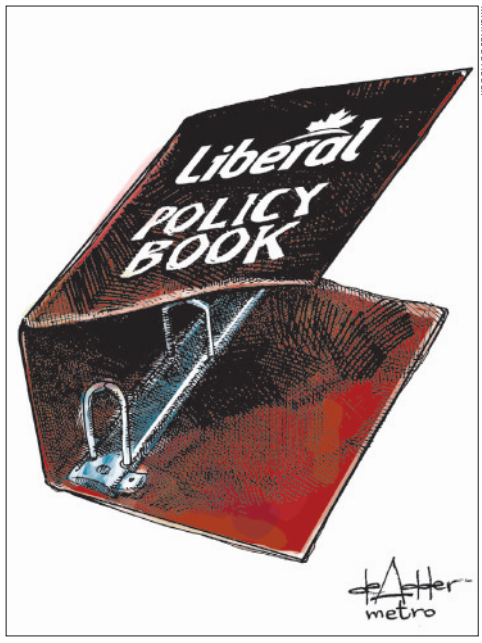
But sometimes being a human being is not all that great. For instance, we want things. Generally what we want is pretty reasonable: Parking downtown for less than $12 per minute; chocolate not to be fattening; or, for those living in Calgary, for it not to be –200 C and snowing in May. We want Coach to be voted off Survivor because the man is annoying beyond belief and it's just time.

OK, maybe not all of us want that. But the fact is, often we don't get what we want.

I think, in fact, that if you live life well as a human, there can be no greater reward than getting to come back as what is really the highest form of life; a squirrel. Specifically, the black squirrel that reigns over my backyard. As I sit inside working, the black squirrel is stretched out on the fence, warming his naked tummy in the afternoon sunshine. Later, I will rush about getting groceries and paying bills and the black squirrel will happily pilfer my flower bulbs, then spend the evening romping and frolicking in the treetops. I can't recall the last time I romped or frolicked, let alone warmed my naked anything. I will, however, pay a large bill today to have said treetops trimmed.

So, being a squirrel. Good. Being human, not so good. Unless, of course, we accept that we simply don't always get what we want. Which is what I hope for. Particularly for the reader who wanted me to be serious.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.



MICHAEL DE ADDER

Views

Community gardens: Utopian and utilitarian

InTransit

Derek Moscato

metronews.ca/moscato

Nearly five years and counting.

That's how long I've been waiting for my patch of communal garden in Metro Vancouver.

A half-decade ago, before the popularity of high-minded movements like organic eating, food security or the 100 Mile Diet, I had registered for a shot at green-thumb glory at the North Shore's Lower Lonsdale Community Garden.

Apparently, I wasn't alone in my enthusiasm for urban agriculture. To my chagrin, it turned out there were no plots available.

So I was told by an organizer that I would be put on a waiting list. And from that queue, annually, a few lucky folks would be selected for garden membership by lottery.

Year after year, I've been waiting for some good news about my new patch of green. But it has yet to arrive. Two weeks ago, I found out that, once again, I was a loser in the annual garden plot sweepstakes. I wouldn't be growing carrots or cucumbers this summer.

It's not just this one patch, mind you. There are waiting lists for community gardens across Vancouver. The supply of plots just can't meet the growing demand.

And it's the same story overseas. An article in the U.K.-based Economist recently noted that in London, "a new enthusiasm for homegrown produce had swelled the waiting lists for plots" — with 100,000 would-be gardeners there awaiting their turn.

"Never mind the beach or ballpark, this spring and summer it seems the community garden is the hippest place to be."

Never mind the beach or ballpark, this spring and summer it seems the community garden is the hippest place to be.

Let's face it: Small-scale city farming is an idea whose time has come. Find a parcel of discarded urban space, reclaim it for the community and divvy it up for the locals so they can grow vegetables, fruits and flowers. It is utopian and utilitarian all at once.

Last Monday, Vancouver Mayor Gregor Robertson and members of his Greenest City Action Team recommended the creation of an organic garden at City Hall.

And south of the border, U.S. President Barack Obama and first lady Michelle Obama — with the help of area children — have planted a vegetable garden on the White House lawn.

In the spirit of President Obama, I'm not giving up hope. On the recommendation of a helpful city bureaucrat, I've since placed my name on the wait list for another urban garden opening later this month.

With any luck, I'll soon be enjoying some, ahem, salad days of my own.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.

Worth mentioning

Fraud fears as Afghan men get women's vote cards

ELECTION Afghan men are illegally collecting voter cards in the names of women, raising worries about fraud in the upcoming presidential election, the head of Afghanistan's human rights commission said yesterday.

In Logar province, which borders Kabul, nearly three-quarters of those who registered as voters were women, a suspiciously high ratio, said Sima Samar, chairwoman of the Afghan Independent Human Rights Commission.

"The men are just bringing the names of a woman and getting registration cards on their behalf and that is why I can say there is a possibility of fraud," Samar told a news conference in the Afghan capital.

The Aug. 20 presidential election, in which incumbent Hamid Karzai looks set to be the strongest candidate, is seen as a litmus test of the success of nearly a decade of international intervention in Afghanistan.

Suspiciously high levels of female registration, in areas where women are often reluctant to travel, has also been noted in Paktika, Paktia and Khost provinces, as well as across parts of the south, Samar said. REUTERS

Metro Online Poll Results

41% SAID YES	Are you putting loyalties aside to cheer for the Canucks? *Weigh in on today's question at metronews.ca*	59% SAID NO

It's your turn to tell others what you think. Email your thoughts and opinions to: vancouverletters@metronews.ca
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Going Green

Women are chief 'CEOs'

Canadian women are leading the way. A recent TD Friends of the Environment Foundation CEO poll reveals that 52 per cent of women are the chief environment officer or "CEO" of their household, compared to 36 per cent of men. Interestingly, the survey found children are the No. 1 influence on environmental behaviour. METRO NEWS SERVICES

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

Science still remains relevant

EarthTones

Sophia Dore & Andrew Laursen

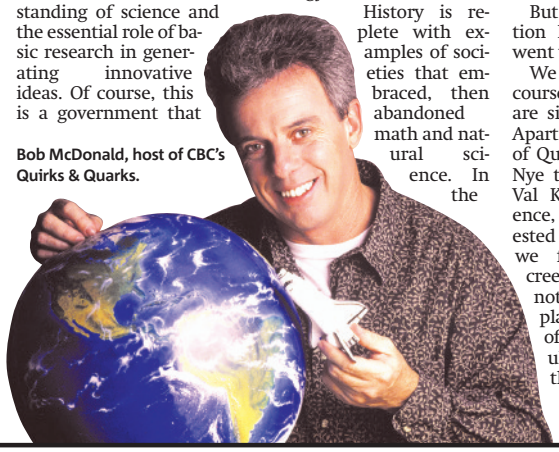
metronews.ca/earthtones

A recent article in the U.K.'s Sunday Times expressed the views of Vinod Khosla, a major investor in green technology and an adviser to U.S. President Barack Obama and former British prime minister Tony Blair, who said, "We don't need to use less energy. We need to find new solutions."

This optimism is shared by many Canadians and Americans, a steadfast belief in the technology bailout. It is a convenient belief. No need to commit to a new lifestyle, just wait for technology to fix it. But make no mistake, it is a dangerous belief.

The irony is that in societies most committed to this belief, there is waning commitment to science. Consider the gutting of basic research by the Bush administration and the frequent expressions of mistrust of science when Bush explained his stance on climate change. Even with a new administration, the systematic unravelling of the science infrastructure in the U.S. over eight years will knee-cap the innovative advantage that U.S. scientists have enjoyed for decades.

Actually, why look so far afield as the U.S.? Consider the Harper government's stance on funding for applied versus fundamental science, a dismal understanding of science and the essential role of basic research in generating innovative ideas. Of course, this is a government that thinks so little of science that it appointed as science minister a man who does not understand or openly accept the central tenet of biology.



Bob McDonald, host of CBC's Quirks & Quarks.

History is replete with examples of societies that embraced, then abandoned math and natural science. In the Ottoman Empire, scientists made tremendous contributions from the late 13th through the 17th century, particularly in physics, math, and astronomy.

But science and innovation later fizzled, and so went the empire.

We seem to be on the course of the Ottomans. We are simply losing interest. Apart from Bob McDonald of Quirks and Quarks, Bill Nye the Science Guy, and Val Kilmer in Weird Science, we're not much interested in scientists. Frankly, we find them a little creepy. And scientists are not always good at explaining the relevance of their research, particularly when pressed on the "application."

What are our points? First, faith in technology to save our environment is misplaced. We're looking for the 11th-hour technological fix when we should focus on changing behaviour. Second, to the extent that technology could help, our withdrawal of interest and support from science makes this less likely. Like societies before, we are forfeiting leadership in innovation, an impediment to any creative solutions. Third, there should have been a Weird Science sequel. Finally, we need to better engage, scientists and society at large. It must be recognized that science is still relevant. Scientists have to be better at conveying that message.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

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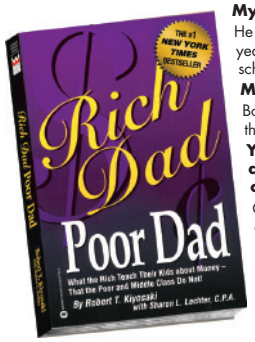
THE #1 NEW YORK TIMES BESTSELLER
Rich Dad
Poor Dad
What the Rich Teach Their Kids about Money – That the Poor and Middle Class Do Not!
By Robert T. Kiyosaki
with Sharon L. Lechter, C.P.A.

My Poor Dad was educated and intelligent.
He completed four years of undergraduate work in less than two years. He then went on to receive his Ph.D… all on full financial scholarships.

My Rich Dad never finished the eighth grade.
Both men were successful in their careers, working hard all their lives. Both earned substantial incomes.

Yet my highly educated dad struggled financially all his life and the other dad would become one of the richest men I had ever known.
One died leaving tens of millions of dollars to his family, charities, and his church. The other left a legacy of unpaid bills. Both men were strong, charismatic, and influential.

Both men offered me advice, but they did not advise the same things.
My two dads offered me the perspective of contrasting points of view: a rich man's view and a poor man's view. This forced me to think about, and ultimately choose, a new way of thinking for myself. A way of thinking that assures financial security and prosperity! Now, through my books and workshops, I can share my mindset with anyone interested in mastering the Rich Dad® way of thinking – and use it to create true long-term wealth.

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BC-STV could fix democracy

Eco-Minded

Kai Chan with Conor Reynolds

metronews.ca/ecominded

NICK SOPCZAK/FOR METRO VANCOUVER

Supporters of the B.C. single transferable vote system hung a banner from the Stawamus Chief in Squamish.

Democracy in B.C. is broken. In 2001, opposition parties received 42 per cent of votes, but only three per cent of parliamentary seats. Those voters might as well have stayed at home, and in fact that's just what is happening: Voter turnout is less than 60 per cent in Canada, compared to almost 70 per cent in Ireland and more than 80 per cent in Australia.

Currently, many people's ideas are not well represented in debates in the legislature, and their concerns are not being effectively addressed in government. It's not just people who voted for candidates (of any party) who didn't get elected — it's also people who held their noses and voted strategically because they felt their first-choice candidate couldn't win. It's no surprise many people are frustrated and don't bother to vote.

The proposed B.C. single transferable vote (BC-STV) system can fix this by also counting voters' second and third choices. BC-STV will be fairer than the current electoral system because the number of MLAs from each party will be closer to the proportion of votes they receive.

The Green party has suffered badly under the current system: Despite polling nine to 18 per cent over the last few years, it has never had an MLA. But the Greens are not the only ones that have been disempowered unfairly — in 2001, it was the NDP, and in 1996 it was the Liberals.

In the 2005 referendum, a majority of voters (58 per cent) chose STV, not quite the 60 per cent needed.

Support STV: It's fairer and it will improve the quality of debate. May 12 is your opportunity to restore democracy to B.C.

System

- In 2004, a diverse group of 160 B.C. citizens were brought together to choose a new, fairer voting system for the province — the group chose BC-STV.
- Ireland and Australia have been successfully using the STV system for decades.
- STV is easy to use — just rank candidates according to your preference.

Kai Chan is an assistant professor and Canada Research Chair at the Institute for Resources, Environment, and Sustainability (IRES) at UBC; vancouverletters@metronews.ca. Conor Reynolds is a PhD candidate in IRES, doing research on energy transportation and climate change.

Petro-Canada mounted search for buyer in early '08: Statement
Petro-Canada worked behind the scenes to find a buyer through all of 2008 while major investors launched campaigns urging action to boost a chronically weak stock price, according to the circular for its takeover by Suncor Energy Inc. REUTERS

Business

Financial sector to shrink: Obama

The financial sector will make up a smaller part of the U.S. economy in the future as new regulations clamp down on "massive risk-taking," U.S. President Barack Obama said in an interview Saturday. "What I think will change, what I think was an aberration, was a situation where corporate profits in the financial sector were such a heavy part of our overall profitability," he told the New York Times Magazine. REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Carrier offers deal on fares

Air Canada promises lowest price for same flight, class

Air Canada is rolling out a "Lowest Fare Guarantee" that it says will make the airline the "first and last stop" for anyone seeking the best possible airfare — on Air Canada.

In a move that could only make sense in the Byzantine world of airline pricing, the carrier said Friday that it will guarantee that customers purchasing an Air Canada ticket won't find a cheaper price for the same flight and fare class within 24 hours of booking.

The guarantee applies to domestic and U.S. fares sold on the company's Canadian website, through a travel agent or a third-party website such as Expedia.ca.

If a cheaper fare is found, customers are entitled to the difference and a $50 credit toward their next Air Canada flight.

"With the state of the economy and a very competitive market, we want to be sure our customers know that we can be their first and last stop for the most economical fare," said airline spokesperson Peter Fitzpatrick.

"We want to be sure customers know that we can be their first and last stop for the most economical fare."
Peter Fitzpatrick, airline spokesperson

Air Canada's lowest fare guarantee is not to be confused with low price guarantees offered by some big box retailers that actually match their competitors' prices. Nor is Air Canada promising to notify passengers holding tickets if the advertised fare price drops. TORSTAR NEWS SERVICE

Market may push higher

STOCKS "Sell in May and go away" is an old adage that may not apply this year as the Toronto Stock Exchange looks to build on the seven-week rally that emerged from the wreckage of last year's vicious downturn.

Even as fears build that a new flu strain will escalate into a global pandemic — a potential stumbling block for investor confidence — there are clear signs that the market could hold its recent gains and even push higher this summer.

In recent weeks the global banking system appears to have been stabilizing, while so-called "green shoots" of positive, or at least less negative, economic data have sprouted. The latest corporate results, albeit well down from last year, are managing to top deeply pessimistic forecasts.

"People are, in general, starting to look through the bottom here. They're starting to see things are not getting worse," said Lex Kerkovius, senior research analyst at McLean & Partners Wealth Management Ltd. "The optimism is definitely shifting in the market." REUTERS

"The optimism is definitely shifting in the market."
Lex Kerkovius, analyst

Business in brief

BERKSHIRE Warren Buffett criticized the U.S. government's stress tests of 19 large U.S. banks for failing to account for strengths in lenders' business models, and said he would buy more shares of three big banks in the portfolio of his Berkshire Hathaway Inc. REUTERS

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KNOW WHAT TO DO TO FIGHT THE FLU

The H1N1 flu virus (human swine flu) is a respiratory illness that causes symptoms similar to those of the seasonal flu (fever, cough, runny nose, sore throat, body aches, fatigue and lack of appetite).

All strains of flu can be dangerous; however, good infection prevention measures can help protect you and others if this virus begins to spread rapidly in Canada.

- Wash your hands often and thoroughly in warm, soapy water or use hand sanitizer
- Cough and sneeze in your arm, not your hand
- Keep common surfaces and items clean and disinfected
- Stay home if you're sick, unless directed to seek medical care

KNOWLEDGE IS YOUR BEST DEFENCE

For more information on flu prevention, visit
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Canada

Naslund to retire?

New York Rangers left wing Markus Naslund has reportedly decided to end his career in the NHL after 15 seasons. The New York Post is reporting that Naslund, 35, has told his teammates that he is retiring despite having one year left on a two-year contract. METRO NEWS SERVICES

Sports

Canadian champ wins Derby

Mine That Bird, a 50-1 longshot ridden by Calvin Borel, drew away from the field in a dramatic stretch run to win the Kentucky Derby at Churchill Downs Saturday. The bay gelding, who won last year's Sovereign Award as the top two-year-old in Canada, left the field in his wake to record his first victory of the year in America's most prestigious race. REUTERS

EDITOR: JOHN.CHICK@METRONEWS.CA

Hawks past first round for first time in a decade

NBA 2009 Playoffs

Joe Johnson drained six of his eight attempts from three-point range, and the Atlanta Hawks finished off a series filled with blowout wins with a 91-78 drubbing of the Miami Heat in the deciding Game 7 of their Eastern Conference first-round matchup.

Joe Johnson

Johnson finished with 27 points and five steals overall for the Hawks, who won a playoff series for the first time since 1999 and won a best-of-seven playoff series for the first time since 1970. Atlanta will move on to face the top-seeded Cleveland Cavaliers, who had no trouble sweeping the eighth-seeded Pistons.

"When I made my first shot, it was a little bit of a relief," Johnson said. "And I just relaxed and took what the defence gave me. I think it's going to bring more fans out to the next round knowing that we're playing the best team in the NBA right now. We're going to need their support, but we know we still have a lot of work to do."

Atlanta led by as many as 29 in this game before coasting to the finish in the fourth quarter.

The Hawks had lost their previous six Game 7s dating back to 1961, when the franchise was located in St. Louis. This was the first Game 7 at home since the team moved to Atlanta.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS
Anaheim 4 Detroit 3 (3OT)
Carolina 3 Boston 0

TODAY'S GAME
Pittsburgh at Washington

NBA

YESTERDAY'S RESULTS
Atlanta 91 Miami 78
Denver 109 Dallas 95

TODAY'S GAMES
Orlando at Boston
Houston at L.A. Lakers

MLB

YESTERDAY'S AL RESULTS
Toronto 4 Baltimore 3
Detroit 3 Cleveland 1
Kansas City 7 Minnesota 5
Seattle 8 Oakland 7 (15 ings)
Tampa Bay 5 Boston 3
Texas 5 Chicago White Sox 1
L.A. Angels at New York (ppd., rain)

YESTERDAY'S NL RESULTS
Chicago Cubs 6 Florida 4
Cincinnati 5 Pittsburgh 0
Houston 7 Atlanta 5
L.A. Dodgers 7 San Diego 3
Milwaukee 4 Arizona 3
San Francisco 1 Colorado 0 (10 ings)
N.Y. Mets at Philadelphia (ppd., rain)
St. Louis at Washington (ppd., rain)

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Loss gives cause for concern

ToulBox
Scott Rintoul
metronews.ca/toulbox

ANDY CLARK/REUTERS

Vancouver Canucks goalie Roberto Luongo reacts after the Chicago Blackhawks scored their fifth goal during Game 2 of the NHL Western Conference semifinal on Saturday.

It's hard to believe there is so much concern surrounding a team that has lost just once this post-season, but all of a sudden the Canucks find themselves enveloped in adversity.

It begins with the eight goals allowed by Roberto Luongo over the first two games against the Hawks, a total that easily exceeds the five he conceded in all of Round 1.

Not that Luongo is entirely to blame for this scoring outburst, but his aura of invincibility has quickly been shattered by a talented team of snipers that appears too young to know they should struggle to score against one of the league's premier puck stoppers.

Compounding the problem is the loss of ultra-steady but oft-injured blue-liner Sami Salo, who left Saturday's debacle after producing a power-play goal in the first.

Salo's importance to this club is obvious to anyone who witnessed the regular season. The Canucks lost eleven of fifteen games when he was injured midseason; they lost that same number over their final 38 games upon his return.

Salo's absence affects Vancouver's defensive pairings and its power play, both of which looked discombobulated for the majority of Game 2.

That doesn't bode well for the Canucks as this series shifts to Chicago, but as Kyle Wellwood, ironically, alluded to after the game, will can trump skill in the post-season.

Wellwood made it clear that Vancouver must be more committed to making "tougher plays" if they are to emerge with a series victory, and he's bang on. The application of more elbow grease at both ends of the ice will make Game 2 look more like an aberration than a red flag.

Scott Rintoul can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.
scott.rintoul@team1040.ca.

Ducks down Wings in triple OT

Stanley Cup 2009 Playoffs

Todd Marchant scored 75 seconds into the third overtime period as the Anaheim Ducks clipped the Detroit Red Wings 4-3 in Game 2 of this Western Conference semifinal series in Detroit.

Marchant carried the puck across the blue-line, came down the left wing and fired a quick wrister labeled for the top right corner of the net and over the glove of Chris Osgood.

Ryan Getzlaf registered a goal and two assists for the eighth-seeded Ducks, who return home for Game 3 tomorrow with this best-of-seven set tied at a game apiece. Chris Pronger and Ryan Carter also lit the lamp, while Corey Perry picked up two helpers.

Brad Stuart, Mikael Samuelsson and Johan Franzen each had a goal for the second-seeded Red Wings, who had not lost in the post-season since Game 5 of last year's Stanley Cup finals.

Osgood stopped 42 of 46 shots in the loss.

REBECCA COOK/REUTERS

Detroit Red Wings goalie Chris Osgood watches the puck head into the net for the game-winning goal scored by Anaheim Duck Todd Marchant yesterday. The win evened the series at 1-1.

HURRICANES 3, BRUINS 0

Cam Ward made 36 stops for his fourth career playoff shutout to help the Carolina Hurricanes take a 3-0 win over the Boston Bruins in Game 2 of the Eastern Conference semifinals in Boston yesterday.

Eric Staal had a goal and an assist while Joe Corvo and Matt Cullen each lit the lamp for the Hurricanes, who evened this best-of-seven series at a game apiece.

METRO NEWS SERVICES

Canada remains unbeaten

IIHF Drew Doughty registered a goal and two assists as Canada took down Norway 5-1 at the 2009 IIHF World Hockey Championship.

Steven Stamkos, Dan Hamhuis, Jason Spezza and Matthew Lombardi also picked up a goal apiece for the Canadians, who remain unbeaten through four games in the qualification round and sit atop the Group F standings with 12 points. Team Canada plays Finland today.

Chris Mason stopped 29 shots for the win. Mats Zuccarello Aasen provided the only tally for Norway, which has been eliminated from contention for the quarter-finals. Andre Lysenstoen was lifted after he was victimized four times on 20 shots. Pal Grotnes made 26 saves the rest of the way. METRO NEWS SERVICES

Metro Workology exclusive: Paws and Claws
Be sure to read Workology and Metronews.ca/work for our pet industry feature series Paws and Claws. Seen here is Bowie submitted by a loyal Metro reader.

Workology

Barred from Mexico

With the federal government recommending Canadians postpone non-essential travel to Mexico in light of the outbreak of H1N1 influenza, previously swine flu, Canadian post-secondary institutions are beginning to prohibit any academic-related travel to the country as well. The University of Waterloo and the University of Calgary have issued such advisories. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Canada-wide search and rescue

Odd**Jobs**

Diane Peters

Metronews.ca/oddjobs

On Sergeant Sean Calis' first official day on the job as a fully qualified search and rescue technician (SAR Tech), he and his partner got called to a plane crash in northern Quebec.

The two flew up to the snow-covered area, parachuted in, and saved three people.

"What a great career move I've made," Calis thought to himself that day. "I can really make a difference."

Calis, 39, grew up in London, Ont., and joined the army reserves at 16. Two years later, the army offered him a full-time job, so he dropped out of high school.

As a soldier, Calis did tours in Rwanda and Bosnia. He later finished up his high school diploma in night school, and picked up training and experience in everything from scuba diving to mountain climbing to parachuting. (He served as a paratrooper in the Canadian Airborne Regiment until it was disbanded in 1995.)

But he was away a lot, and that was tough on his wife and two young children. He was looking for a new career when he heard about SAR Techs from a friend.

In 1996, Calis started the year-long application process that involved submitting a resumé, going through interviews and taking both written and fitness tests. He didn't get one of the coveted 12 training spots that year.

But two years later, he made the cut and went through an intense year of paramedic and rescue training. He was first stationed in Trenton, Ont., then Comox, B.C., and is now back in Trenton. His wife, a dental hygienist, and two kids are used to the moves.

Calls come into the search and rescue location — there are five across Canada and about 130 SAR Techs — at an unpredictable rate. They can get four calls a day, or less than four a week.

In the meantime, they hone their skills. "You're never done training," says Calis. Except for weekly paramedic training, they're outside the rest of the time, practicing parachuting, scuba diving and rock climbing.

SAR Techs firstly call on their physical skills on a call. (They need to stay in top form and must retire by age 55.)

But it's also a mentally demanding job, and they constantly problem solve to deal with issues raised by weather, visibility, temperature and equipment. "The guys I've worked with, they're all very abstract thinkers," says Calis.

And while you'd think things might get macho and competitive out there, lives are at risk. "The bravado is gone," says Calis. "It's all about the safety."

The Lowdown

Job title: Search and rescue technician (SAR Tech)
Salary: About $70,000
Education/training: A year of paramedic and rescue training, plus constant training through courses and on the job.
Best Part of the Job: "When you rescue somebody, when you do what you're trained to do, and you bring them back to their family, it's a great feeling."
Worst Part of the Job: "Getting moved a lot."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

Alternative medicine may work for pets too

Paws and **Claws**

ROBYN YOUNG
for Metro Canada

When Paula Bedford first met Rainbow, the Papillon pup had a slipped disc pushing on her spinal cord, paralyzing her legs.

She'd been taken to traditional veterinarians and been treated with a variety of medications but her condition didn't improve until Bedford started acupuncture.

"I wasn't sure if she was going to respond but decided to take her home and see what we could do," said the certified veterinary acupuncturist.

"We got her fully walking in six weeks."

Now Bedford teaches about the technique and a number of other alternative medicines for animals to her students in the Animal Health Technology program at Douglas College in Vancouver.

Bedford became interested in veterinary acupuncture after repeatedly finding herself stumped by cases like Rainbow's, where the only option left would have been expensive surgery.

"It's another tool that we can use and we can combine (with traditional methods) to get another outcome," she said.

The licensed veterinarian and instructor wants her students to be aware of the variety of treatment methods out there as techniques like acupuncture gain in popularity across the country.

"There aren't very many of us who have done the certification so it can be difficult to find someone certified and then there are people who haven't necessarily done the certification who offer acupuncture," she said.

Similar to human medicine, you have to be careful about who you're entrusting to provide that service for you and you should check into their credentials, she said.

The alternative medicine course Bedford teaches at Douglas College includes information about herbal medicine, homeopathy and nutraceuticals in addition to veterinary acupuncture.

For more of the Paws and Claws exclusive series check Workology frequently or stop by:
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Aldridge released from hospital

Casey Aldridge, the boyfriend of Jamie Lynn Spears and father to her 10-month-old baby, was released from a Mississippi hospital on Friday, five days after flipping over in his pickup truck while partying with friends at a late-night bachelor party. **PEOPLE.COM**

Entertainment

New broker

Shia Labeouf is in talks to take over Charlie Sheen's role as a desperate young stockbroker in the forthcoming sequel to 1987 film Wall Street, reports Variety.

FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

Box office

Wolverine was the No.1 film at the weekend box office.

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **Wolverine:** $87 million US
2. **Ghosts of Girlfriends Past:** $15.3 million
3. **Obsessed:** $12.2 million
4. **17 Again:** $6.4 million
5. **Monsters vs. Aliens:** $5.8 million
6. **The Soloist:** $5.6 million
7. **Earth:** $4.2 million
8. **Fighting:** $4.2 million
9. **Hannah Montana: The Movie:** $4 million
10. **State of Play:** $3.7 million

REUTERS

Il Divo blends opera, pop

IAN NATHANSON
for Metro Canada

Having fairly extensive training in opera and classical music, Il Divo members David Miller and Carlos Marín felt something oddly absent from the operatic pop group's fifth album, The Promise.

"We got to the end of the recording process and realized that, save for our rendition of Adagio, there were no big operatic endings," American tenor David Miller tells Metro. "So we all thought, 'OK, for performance purposes, we have to find a way to give people some things that they do expect but also some things that they don't expect.'"

As with its previous four efforts, the quartet — Miller, Spanish baritone Marín, Swiss tenor Urs Bühler and French baritone/pop singer Sébastien Izambard — draws from a wide-ranging repertoire of classical material and contemporary pop, largely chosen by the multi-platinum-selling group's creator, American Idol judge/producer Simon Cowell. Even though the four will often bring in an extensive list of song choices, Miller concedes that Cowell has the final say.

Since its formation in 2003, Il Divo has sold more than 22 million albums worldwide.

In the case of The Promise, released this past November, some of those choices vary from the aforementioned Amazing Grace and Adagio, sung in English and Italian respectively, plus Spanish interpretations of ABBA's The Winner Takes It All, Leonard Cohen's Hallelujah and, surprisingly, Frankie Goes To Hollywood's mid-'80s ballad The Power Of Love.

"I have no idea how (Simon) came through with that last one," Miller says. "Apparently, the Frankie Goes To Hollywood guys didn't want anyone to touch their material — they're extremely protective in that regard. So we're very honoured to get to sing it — considering it turned out to be the best song on this album."

Since its formation in late 2003, Il Divo has sold some 22 million albums worldwide, while the members' clean-cut and impeccably handsome-dressed image often make them a top concert attraction for swooning females. In 2006, along with touring as openers for Barbra Streisand, Il Divo was named the Most Multinational U.K. No.1 Album Group in that year's edition of the Guinness Book of World Records.

Still, Miller and Marín are well aware that die-hard classical and opera enthusiasts might frown upon Il Divo and its so-dubbed "popera" as being a mere visible and aural distraction. Yet, Miller and Marin say they make no apologies for what they do.

"From the very beginning, we've heard things like, 'Oh, those guys in the Armani suits, they're not real singers! They must be male models,'" Marín says. "But we just like to show people that we can actually sing, no matter what kind of music we do. In a way, even though we've sold 22 million albums and have millions of fans around the world, we still feel like we're an underground sensation."

"But we just like to show people that we can actually sing, no matter what kind of music we do." Carlos Marín

Il Divo in concert

- Il Divo performs at General Motors Place on May 30.

Howard challenges critics to see new film

Director Ron Howard accused the Vatican on Sunday of trying to hamper the filming and the Rome roll-out of his new movie Angels & Demons, and challenged Catholic critics to see the film before condemning it.

The movie sequel to author Dan Brown's The Da Vinci Code will premiere in Rome today, with fictional symbologist Robert Langdon returning to the big screen to help the Vatican rescue kidnapped cardinals and find a ticking time-bomb.

The Vatican was outraged by The Da Vinci Code and the Rome archdiocese made no secret about denying Howard authorization to film parts of the follow-up inside its churches.

Howard said the Vatican also exerted its influence "through backchannels" to try to prevent him from shooting in areas around certain churches and got an event related to the film's premiere cancelled, he said.

GETTY IMAGES

Director Ron Howard will premiere his new movie Angels & Demons — the sequel to The Da Vinci Code — in Rome today.

"There was supposed to be a reception or screening here in Rome that had been approved and I suppose that the Vatican had some influence over that," Howard told a news conference.

A Vatican spokesman declined to comment.

Fanning controversy, a 102-year-old Italian bishop was quoted in Italian media over the weekend calling the film "highly denigrating, defamatory and offensive to Church values and the reputation of the Holy See."

"My only frustration as a film-maker is that we actually reached out a couple of times, going back to March, to sort of offer opportunities for bishops and others just to see the film. And those opportunities have all been declined," Howard said.

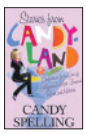
"So far all the criticism, all of the complaints about the film have been coming from people who haven't seen it." REUTERS

Spawn of Spencer
Heidi Montag and Spencer Pratt haven't even been married a week, and there's already talk of babies. "Heidi wants four boys," said new sister-in-law Stephanie Pratt. "Four Spencer Pratts!" USMAGAZINE.COM

Spilling more Spelling secrets

Stories from Candyland

Author: Candy Spelling
Publisher: St. Martin's Press
Price: $28.95 (Hardcover)



The Spelling celebrity sideshow doesn't stop at Aaron and Tori: Candy, the wife and mother to those boldface names, has found herself in the spotlight over a public feud with her famous daughter.

But hostility has a history. In Stories from Candyland, Mrs. Spelling recounts her life as the matriarch of a jet setting family, recalling everything from vacations to the daily life she's come to know. While Candyland is littered with the mundane — there's an extensive list of things Candy collects! — the memoir does explore insecurities and fears the famed mom has faced over her A-list life.

Nudge

Author: Richard H. Thaler and Cass R. Sunstein
Publisher: Penguin Canada
Price: $17.50 (Paperback)

We all know what it feels like to overindulge. While it may be immediately gratifying to drop $200 on a new outfit or skip cooking dinner for fattening fast food, we can't escape the consequences of making a bad decision.

In Nudge, the authors explore decision-making and how to avoid mistakes in areas from investment and education to food and health.

Combining behavioral studies with the knowledge of human tendencies, Thaler and Sunstein outline the value of "choice architecture" in making better decisions for individuals, government, companies and charities.

Nothing to be Frightened Of

Author: Julian Barnes
Publisher: Vintage Canada
Price: $21 (Paperback)

Noted English author Julian Barnes' latest work is no less than a genre-flexible mashup of ideas. It's often autobiographical, but it's not his autobiography. It often critiques, but it's not quite an essay.

The title refers in part to death, which Barnes addresses at length through a tête-à-tête with his philosopher brother and recollections of his late parents' lives.

But Nothing to Be Frightened Of isn't all doom and gloom. Barnes frequently uses his wit to colour his writing, regardless of content, and explores a potpourri of seemingly unrelated subjects from French writers to God.

— BRIAN COULTON/ FOR METRO CANADA

BookPicks

Miss California becomes poster woman for foes of gay marriage

POLITICS After failing to stop recent gay marriage approvals in several U.S. states, opponents have found an attractive, telegenic poster woman in Miss California.

Miss California, a Christian college student named Carrie Prejean, joined in a television ad campaign against gay marriage last week, upsetting homosexual rights advocates.

In the commercial from the National Organization for Marriage, Prejean is shown at the Miss USA competition last month where she answered a question about same-sex marriage by saying she opposed it, drawing both boos and cheers and setting off a raucous debate. After providing that answer, Prejean was named runner-up to Miss USA. She later said her view on marriage cost her the crown.

"The conservative right is wondering if same-sex marriage is as potent an issue politically as it was in the past," said Craig Rimmerman, co-editor of The Politics of Same-Sex Marriage. "So for them to have a different spokeswoman who comes at this from a different background, they probably see this as a really positive development."

REUTERS

STEVE MARCUS/REUTERS

Miss California Carrie Prejean at the Miss USA Pageant on April 19.

Robbers steal Dali painting from Dutch museum

ART Armed robbers stole two paintings from a Dutch museum Friday, one of them a piece by Spanish surrealist Salvador Dali, police said. Several masked robbers walked into the Scheringa Museum for Realist Art in Spanbroek, north of Amsterdam, and threatened museum staff with a gun. REUTERS

NBC renews cop drama Southland

TELEVISION NBC has renewed the cop drama Southland, picking up 13 episodes of the series, which stars Ben McKenzie. Network brass has been high on Southland for its broad appeal, creative potential and producer John Wells' track record as a showrunner. REUTERS

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit: metronews.ca/movies

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5/4/09

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3 CBC	NHL Hockey Teams to Be Announced. (Live) (CC)						CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	The Soup (N)	How I Met	My Boys (N)	Engagement	The Best Years (N) (CC)		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Big Bang Th	Gary Unmarr	Two/Half Men	Corner Gas	CSI: Miami (N) (CC)		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	The Practice "Body Count"		One Tree Hill (N) (CC)		Scrubs (CC)	Randall Mark	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "Under My Skin" (N)		24 "Day 7: 4:00AM - 5:00AM"		Cold Blood (N) (CC)		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Dancing With the Stars The celebrities perform. (CC)				(:02) Castle "Little Girl Lost"		News (N)
	253	359	13 CITY	Law & Order: SVU		Chuck (CC)		Less-Kind	Surviving Sub.	(:02) Mantracker		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Gossip Girl (N) (CC)		One Tree Hill (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami (N) (CC)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	Deal or No Deal (N) (CC)		Medium Allison leaves the district attorney's office. (N) (CC)				News (N)
	602	568	19 W	Will & Grace	Friends (CC)	How Clean	Kim	Love It or List It		The Agents	House	Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Dancing With the Stars The celebrities perform. (CC)				(:02) Castle "Little Girl Lost"		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	Seinfeld	Puerto Vallarta Squeeze (2004) Scott Glenn, Harvey Keitel.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	Antiques	Antiques Roadshow (N) (CC)		American Experience (N) (CC) (DVS)			Madams of the Barbary Coast	
	290	382	23 FOX	Two/Half Men	Two/Half Men	House "Under My Skin" (N)		24 "Day 7: 4:00AM - 5:00AM"		News (N) (CC)		Family Guy
	-	364	43 PBS	American Exp.	Appalachia: History		Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Paid Program	Family Court	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	Gossip Girl (N) (CC)		One Tree Hill (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	38 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	63 STR	News (N)	News		Late Show-Letterman		Late Late Show		Will & Grace	Seinfeld
news	502	390	26 NW	CBC News: The National (N)		CBC News: The National		CBC News: The National		Tipping Point (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet	MLB Baseball Texas Rangers at Seattle Mariners. (Subject to Blackout)					Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	Boxing Joel Julio vs. James Kirkland. (CC)			Score Golf	SportsCentre
	411	457	49 OLN	Dog the Bounty Hunter (CC)		Departures "Iceland" (CC)		Mantracker "Brent and Brian"		Dog the Bounty Hunter (CC)		Departures
	410	403	54 SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Cabby Unlimit
	417	406	55 SC	Barrett-Jackson		Car Crazy	Pass Time	This Week in NASCAR		SuperCars	SuperCars	Auctions
	416	409	144 GLF	Fútbol Alemán		Gol TV News	Ole: La Liga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	45 YTV	Karaoke Star Junior (N) (CC)		Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach "Tidal" (CC)		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	Punch (CC)	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Big Comfy	Big & Small	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin (CC)	Big Comfy
cable variety	268	354	5 KNO	Undersea	Landscape	Around the World		Ju Ming Taiwanese sculptor.		The Corporation "Planet Inc."		Haida Art
	575	583	60 CMT	Hope & Faith	Hope & Faith	Karaoke Star Junior (CC)		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	62 MM	Video on Trial	Video on Trial	One Tree Hill (CC)		Shot at Love-Tila Tequila		Video on Trial	Video on Trial	Spotlight
	600	564	48 H&G	House	House	Holmes on Homes (CC)		Property	Income Prop.	My First Place	For Rent	House
	615	520	61 A&E	Paranormal	Paranormal	Psychic Kids: Paranormal		Intervention "Janet" (CC)		Intervention "Brittany" (CC)		Paranormal
	628	584	42 SPKE	(6:00) UFC Fight Night		Pros vs. Joes: All Stars (N)		CSI: NY "Stealing Home"		Spike's Most Amazing Videos		Disorderly
	521	560	44 TLC	Jon & Kate Plus 8 (CC)		Little People	Little People	Table for 12	Jon & Kate	Jon & Kate Plus 8 (CC)		Little People
	616	522	69 SHO	The Outer Limits (CC)		Cashing In	Kink in Hair	Kenny-Spenny	Kenny-Spenny	Name Is Earl	The Office	House (CC)
	620	523	70 BVO	Johnny Cash: Man in Black		Law & Order (CC)		Without a Trace "Driven"		The Last September ★★ (1999, Drama) (CC)		
	601	562	41 SLC	My Wardrobe	So Chic	ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	42 DIS	Canada's Worst Handyman		Daily Planet (CC)		MythBusters (CC)		Canada's Worst Handyman		Dirty Jobs
	522	506	44 HIS	NCIS "Recoil" (CC)		Hero Ships "USS Laffey"		Sinking-Athabaskan		NCIS "Recoil" (CC)		Marine Mach.
	627	528	43 SPC	Star Trek Gen	The Circuit	Stargate SG-1 "Abyss" (CC)		Star Trek: Next Gener.		Star Trek Generations ★★ (1994) (CC)		
	294	650	67 TBS	Name Is Earl	Name Is Earl	Seinfeld	Sex and-City	Sex and-City	Tommy Boy ★★ (1995) Chris Farley, David Spade. (CC)			
	619	525	68 TROP	Vanity	E News	Carlawood	Prod. Parker	Ground Up		Are You Smarter		Make
	603	561	52 FN	Kitchen Nightmares (CC)		Restaurant Makeover (CC)		Unwrapped	Unwrapped	Work for Food	Glutton	Food
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Jeremy Hotz: Miserable		Daily Show
	320	621	60 CEN	Prom Wars (2008, Comedy) Ricky Ullman. (CC)			Tracey Ullman	The Line (N) (CC)		U.S. of Tara	Secret Diary	Tracey Ullman
	581	566	101 MTV	The Hills	After Show	MTV Live	MTV News	Movie Awards	College Life	The Hills	After Show	MTV Live
	261	394	102 V	Twist of Faith	Clergy	Poltergeist: The Legacy		The Fabulous Baker Boys ★★★ (1989) Jeff Bridges. (CC)				TBA
	-	-	105 MUL	Eight Heroes	Mom's-Upset	Can't Live Without Her		Marimar		Pinoy	Pinoy Records	Patrol World

critics' corner

House
House (Hugh Laurie) and the team have to stay on their toes as they treat a ballerina (guest star Jamie Tisdale) whose lungs collapse during a performance, especially after the treatment causes her skin to start falling off. Away from the hospital, House is desperate to find a cure for what he thinks is insomnia. Robert Sean Leonard also stars in the new episode "Under My Skin." 5 PM on STR, 8 PM on GTV FOX

24
As some lives are lost and others remain on the line, a frazzled Chloe (Mary Lynn Rajskub) struggles to cope with the declining situation. things go from bad to worse inside the White House, where politicking corners the already divided administration. Kiefer Sutherland and Cherry Jones also star in the new episode "Day 7: 4:00AM — 5:00AM." 9 PM on GTV FOX

Longoria not moving to France

Eva Longoria wants to assure her fans that when she said she was planning on moving to France, she didn't mean any time soon. "That's going to happen in, like, 20 years," the Desperate Housewives star told Hollyscoop. METRO WORLD NEWS

Celebrity Buzz

Winehouse leaves hospital

HEALTH Singer Amy Winehouse is out of the hospital in St Lucia having been admitted after fainting, ananova.com reports. The Grammy winner was kept in for a night for observation and was found to be dehydrated.

"She fainted at home and they took her in for observation, mainly to do with her medication to check everything was OK," said Chris Goodman, her U.K. publicist. "They told her that she was dehydrated and needed to drink more water."

Winehouse had been "running around" with a group of children before she fainted, he said. She has also been photographed horse riding on the Caribbean island.

The Back to Black singer has attracted enormous amounts of media attention with her battle against drug addiction and turbulent relationship with husband Blake Fielder-Civil as much as her musical talents.

The singer has just obtained an injunction stopping members of the paparazzi from taking photographs outside her north London home. A copy of the order had been put up at the property, her spokesman confirmed.

METRO NEWS SERVICE

GETTY IMAGES

Halliwell to adopt?

FAMILY Geri Halliwell wants to follow in the footsteps of Madonna and Angelina Jolie by adopting a child from Africa, femalefirst.co.uk reports.

The former Spice Girls star is a single mother to two-year-old daughter, Bluebell Madonna, from her relationship with British screenwriter Sacha Gervasi.

But Halliwell, who recently split from fiancé Fabrizio Politi, insists she would love to expand her family by taking in an African boy or girl — as there are so many children suffering in the continent.

She tells Britain's Red magazine, "I know it's such a cliché for a famous person to adopt a child but that wouldn't stop me. After working for the U.N., I know the AIDS epidemic in Africa has left so many children orphaned. It would be an absolute gift to be able do it."

METRO NEWS SERVICES

Demi and Madonna connect

FRIENDSHIP Madonna and Demi Moore have a lot in common, including a devotion to the Kabbalah faith and a love of younger men. In fact, Moore, who is married to Ashton Kutcher, has been singing the praises of the singer's rumored boyfriend, Brazilian model Jesus Luz, according to the Daily Mail.

"Demi has been really supportive of Madonna in her relationship with Jesus," a source tells the newspaper. "She knows more than anyone how great it is to date a younger guy and hopes they can make it last."

METRO NEWS SERVICES

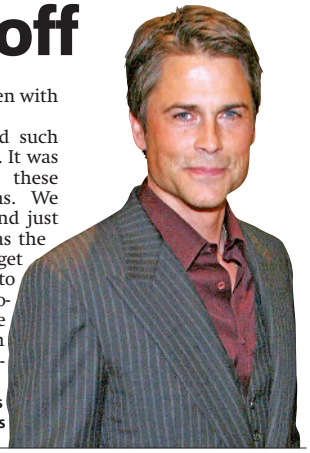
Comedy face-off

PEOPLE Rob Lowe won a comedy face-off with Ricky Gervais — and the British star got his revenge by shooting the actor in the eye with a dart, femalefirst.co.uk reports.

The pair were joking around between takes on their forthcoming movie This Side of the Truth when the Brothers and Sisters star beat Gervais in a war of words. But The Office creator wasn't going down without a fight and shot Lowe in the face with a dart gun to get even with him.

Lowe says, "I had such fun giving him hell. It was merciless. He had these amazing dart guns. We were running around just for fun and that was the only way he could get me back. He had to resort to physical violence because he couldn't take me on verbally. Only physically."

METRO NEWS SERVICES



Madonna's appeal

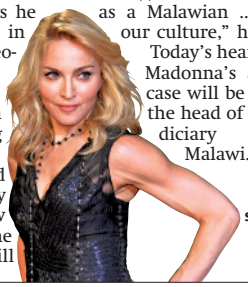
LEGAL The man believed to be the biological father of Mercy, the four-year-old Malawian girl Madonna is trying to adopt, says he wants to raise her in his own culture, people.com reports.

"I want to take care of her, and I'm capable of taking care of my baby," James Kambewa told CBS's The Early Show in an interview airing today, the same day the court will hear Madonna's appeal of the rejected adoption.

"Mercy, she is a Malawian, so (I) need her to grow as a Malawian ... with our culture," he said.

Today's hearing in Madonna's appeal case will be led by the head of the judiciary in Malawi.

METRO NEWS SERVICES



Hilton hides behind disguise

PEOPLE Paris Hilton has bought a designer wig in a bid to fool her fans, femalefirst.co.uk reports.

The socialite — who was in London recently with boyfriend Doug Reinhardt — tried to hide from the British public by splashing out on an expensive disguise from a prestigious U.K. department store.

She said: "We shopped at Harrods. I had to buy a wig in the salon there to disguise myself. But it didn't work — as usual."

The 28-year-old star didn't let the incident hinder her European visit and has revealed she loves travelling with Reinhardt.

She said: "It was so romantic to be in London for the first time together. We both love to travel, so it's great with the business we do that we can go all over the world together."

While on their trip to London, Hilton — who has been dating The Hills star since February — explained the 23-year-old hunk is perfect for her because he can keep up with her globetrotting lifestyle.

She said: "It takes a lot to keep up with me and he's just about managing."

METRO NEWS SERVICES

Parton talks weight

IMAGE With Kirstie Alley admitting that she regained the 75 pounds she lost and Lindsay Lohan showing off a rail-thin figure in Hawaii last week, Dolly Parton understands how hard it is to maintain a healthy weight, usmagazine.com reports.

"I'm up and I'm down, but I don't have any tips for anybody," the country singer told Usmagazine. "It's a bitch any way you look at it. You either starve or you get fat."

Parton, 63, admitted that she doesn't exercise much.

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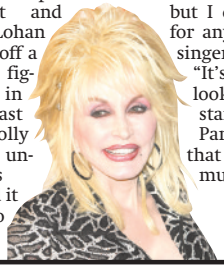

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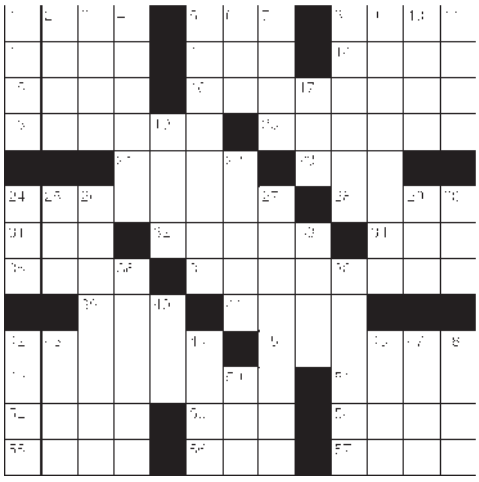
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	6		5		2		9	
9								7
		3	9		7	4		
	9		6	8	4		7	
	2						1	
	7		1	2	3		5	
		8	2		5	9		
6								2
	5		3		8		4	

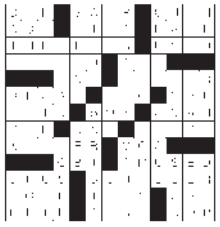
Crossword across

1 Cushions
5 Insecticide letters
8 Cooking fat
12 Cast-of-thousands movie
13 Blackbird
14 Medley
15 New Age musician John
16 Seek votes
18 But
20 Firstborn
21 Baseball legend Willie
23 Longing
24 Showy white flower
28 Appointment
31 Sapporo sash
32 Blunder
34 Ball prop
35 React in horror
37 "Gentle on My Mind" singer
39 Aye opposer
41 Untrustworthy sort
42 Slept soundly?
45 Monkey in a lab, maybe
49 Victoria's Secret buy
51 "— Karenina"
52 "So be it"
53 Scratch
54 Drunkards
55 Titanic thwarter
56 Type squares
57 Pairs

Crossword down

1 Folk singer Seeger
2 Pinnacle
3 Frisbee, e.g.
4 Plot
5 Long-short-short, in poetic meter
6 "CSI" evidence
7 Occasion
8 Fraudulent, as dice
9 Estrange
10 Predetermines the outcome
11 "Cut it out!"
17 Thickness
19 Tropical tree
22 Twine fibre
24 Gear tooth
25 Lawyers' org.
26 Incorrect term
27 Fans
29 Aviv preceder
30 Slithery swimmer
33 Colorful fish
36 Removing rind
38 Item in a KFC bucket
40 "Of course"
42 Wound cover
43 Appellation
44 Capitol cap
46 Winter forecast
47 "Do — others ..."
48 Back talk
50 Felonious flight

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



9	2	5	1	3	6	8	4	7
6	1	8	7	2	4	9	3	5
7	3	4	8	9	5	1	2	6
8	7	3	6	1	9	4	5	2
2	4	6	5	8	3	7	1	9
5	9	1	4	7	2	6	8	3
1	5	9	3	4	7	2	6	8
3	8	7	2	6	1	5	9	4
4	6	2	9	5	8	3	7	1

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Thai Beef with Papaya and Rice

INGREDIENTS:
2 thick-cut lean sirloin steaks
1 1/4 cups (300 ml) jasmine rice
5 cups (1.25 l) chicken stock
4 kaffir lime leaves, crushed
2 tsp (10 ml) canola oil
2 firm, ripe papayas, peeled, seeded and sliced
1/2 small cucumber, halved lengthwise, seeded and sliced crosswise
20 mint leaves, shredded
1/4 cup (50 ml) chopped cilantro
1 red onion, thinly sliced
1 romaine lettuce, leaves separated

THAI LIME DRESSING:
1 1/2 tbsp (20 ml) canola oil
1 1/2 tbsp (20 ml) fish sauce
1 1/2 tbsp (20 ml) soy sauce
1 tbsp (15 ml) honey
grated zest, juice of 1 lime
1 chili pepper, seeded and finely chopped
2 garlic cloves, crushed

TO SERVE:
roughly chopped unsalted roasted peanuts

METHOD:
1. For dressing, mix ingredients together in small bowl. Spoon 1/4 cup (50 ml) dressing over the steaks and marinate for 20 minutes. Reserve remaining dressing.
2. Put rice in pot with stock and lime leaves. Bring to boil, then cover and simmer 10 minutes, or according to package instructions.
3. Pat steaks dry with paper towels. Heat cast-iron frying pan over high heat. Brush with oil, then add steaks and cook for 2 1/2 minutes per side for rare, longer for medium or well-done. Remove steaks from pan and let rest.
4. Place papayas, cucumber, mint, coriander and red onion in bowl. Add all but 1 1/2 tbsp (20 ml) remaining dressing; toss gently to mix.
5. Drain rice well and divide among four plates. Arrange lettuce leaves on plates and top with papaya salad. Slice beef into strips, arrange on top of salad and spoon remaining dressing over top. Sprinkle with peanuts, then serve at room temperature.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Reader's Digest
It's a Wonderful World

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
Meaningful questions will give someone's game plan away. You should complain when expenses mount. Someone is doing something wrong.

TAURUS
APRIL 21-MAY 21
Your overindulgence doesn't interest everyone. Bad manners will get on your nerves. Punitive action will be beneficial.

GEMINI
MAY 22-JUNE 21
A change of location ends an unhappy affair. A disturbed person's friendship is rewarding. Ask a loud man to be discreet.

CANCER
JUNE 22-JULY 22
Pamper yourself and get more sleep. Strangers will grab some attention. An unreliable genius has a surprise.

LEO
JULY 23-AUG 23
A friend's act of kindness has an impact. An unstable man is looking at your financial state. Show interest when somebody is complaining.

VIRGO
AUG 24-SEPT 22
Avaricious people are wearing you down. A regular guy has problems with jumping the gun. A friend with medical problems causes delays.

LIBRA
SEPT 23-OCT 23
Don't invest in a liar's scheme. Make the first move to improve your luck. Uncertainty can lead to satisfaction in unexpected ways.

SCORPIO
OCT 24-NOV 22
Money is recovered from a relative. A demanding sweetheart wants investment advice. You aren't interested in pleasing people.

SAGITTARIUS
NOV 23-DEC 21
Sometimes desperate measures must be taken. A care-giver deals with a loss of power. Do something special about a party.

CAPRICORN
DEC 22-JAN 20
A photograph is more important than ever. Don't let a blabbermouth go too far. A loser's arrogance provokes a threat.

AQUARIUS
JAN 21-FEB 18
Wanderlust causes a chaotic adventure. Nobody will know what to do. An injustice arises when a rebel arrives.

PISCES
FEB 19-MARCH 20
A nonconformist can't be stopped in time. A despicable person obliviously scampers along. You won't have to practise emotional restraint.

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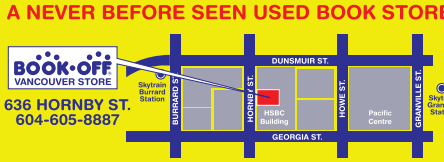

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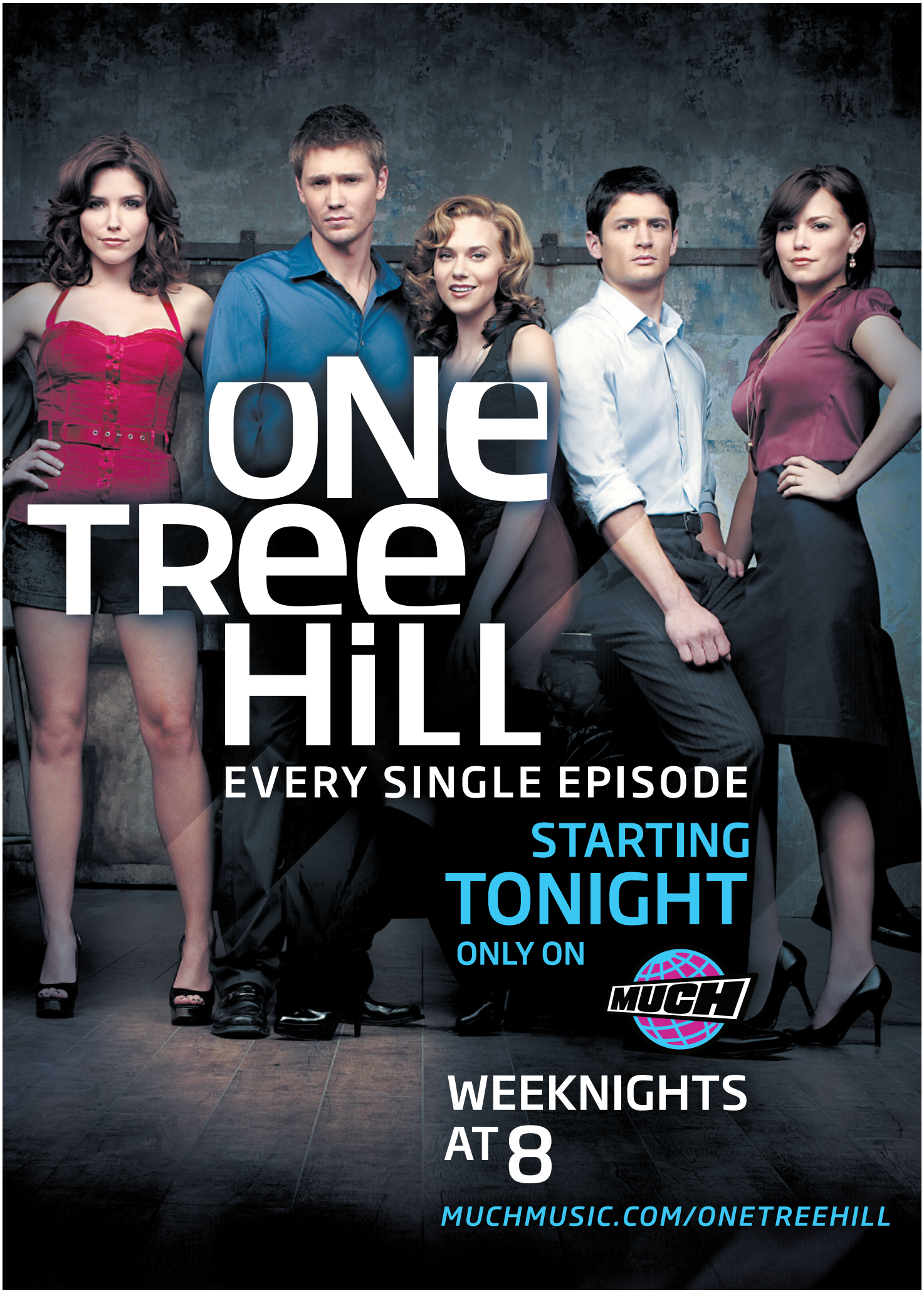
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